

## **Matthew Williams's Fresh Fruit Salad**

For a fresh fruit salad everyday, use the following suggestions.

- 1.) Cut all of the fruit for the week on Sunday night (except Strawberries & Kiwi).

Generally I use the following:

1 - Pineapple  
2lb - Red Seedless Grapes  
2lb - White Seedless Grapes  
2lb - Black Seedless Grapes  
1 - Cantaloupe  
2lbs - Fresh Strawberries  
5 - Kiwi  
1pt - Blueberries

All of this usually costs about \$25 a week. Which is still less than eating out everyday, and it is exponentially better for you. It will provide about 10-12 5 cup servings. This will be all the fruit you need for a day, everyday, for 2 people.

- 2.) Keep the fruits in their own containers in the refrigerator until you make the fruit salad for your lunch. This will keep the fruit fresher and it will not "bleed" colors.

I usually cut up the strawberries and kiwi the night before. This keeps them both firm and fresh

- 3.) Add one cup of yogurt for added protein and calcium.